

All classes take place at 1857 de Maisonneuve Blvd West

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ACRYLIC PAINTING

Instructor: *Claire Cayer* Tel: (514) 932-2796 clairecayer@hotmail.com

<u>Session I</u>	Wednesdays	Mar 7, 14, 21, 28, Apr 4, 11	Class I	1:00 - 3:00	\$42.00
			Class II	3:15 - 5:15	\$42.00
<u>Session II</u>	Wednesdays	Apr 18, 25, May 2, 9, 16, 23	Class I	1:00 - 3:00	\$42.00
			Class II	3:15 - 5:15	\$42.00

Learn the basic techniques, form, colour and composition in flower and fruit painting, still life and landscape. Both novices and experienced painters will enjoy these classes. **Supplies needed:** mounted canvas no larger than 11"x14"; 4 or 5 various size bristle brushes for acrylics; tubes of acrylic paint: titanium white, cadmium yellow, ultramarine blue, cadmium red, sap green, burnt sienna, burnt umber, plus a plastic tablecloth. [There is a cabinet to store supplies on the 5th floor.]

Maximum 15 members

(Suite 500)

AMERICA AND THE WORLD 1500-1945

Lecturer: *Neil Cameron* Tel: (514) 484-3857 neilhistor@gmail.com

<u>Session I</u>	Thursdays	Mar 8, 15, 22, 29, Apr 5, 12	1:00 - 3:00	\$42.00
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This group of lectures provides one path into gaining an overall understanding of how the present world came into existence. It does so by tracing the rise and growth of the United States as an overwhelming historical phenomenon, in terms of the external factors acting on it, the ideas and actions of its founding figures, and its growing international economic and political impact, especially with regard to Britain and Continental Europe. There will be some discussion of a few leading figures, like Jefferson, Lincoln, and Woodrow Wilson, but with less biographical emphasis than the immediately preceding groups of lectures. This set will be followed by another group dealing with Britain and its Empire, providing some parallelisms.

March 8:	The European Discovery of the Western Hemisphere 1492-1776
March 15:	The American Revolution and the Founding of the U.S. 1776-1812
March 22:	The Americas and the World 1812-1861
March 29:	The Civil War in World Context 1861-1877
April 5:	The Rise of American Economic and Political Power 1877-1917
April 12:	The U. S. and the World 1917-1945

Bibliography (Entirely optional, as usual):

J. B. Brebner, *North Atlantic Triangle*
 Andrew Bacevich, *The Limits of Power: The End of American Exceptionalism*
 Conrad Black, *Franklin Delano Roosevelt*
 Charles Dickens, *Travels in America*
 Samuel Huntington, *The Clash of Civilizations*

Richard Hofstadter, *The American Political Tradition*
 Seymour Martin Lipset, *The First New Nation*
 Arthur Link, *Woodrow Wilson*
 Charles Murray, *American Exceptionalism: An Experiment in History*
 Alexis de Tocqueville, *Democracy in America*

Maximum 45 members

(Suite 110)

BIG HISTORY: REORDERING THE TIME FRAME OF EVERYTHING

Lecturer: *Francis X. Charet* Tel: (514) 273-8177 aioncntr@total.net

<u>Session I</u>	Mondays	Mar 12, 19, 26, Apr 9, 16, 23 (No course on April 2 – Easter Monday)	1:00 - 3:00	\$42.00
<u>Session II</u>	Mondays	Apr 30, May 7, 14, 28, Jun 4, 11 (No course on May 21 – National Patriots' Day)	1:00 - 3:00	\$42.00

History is usually understood as the human past as revealed by texts, archeology and other ascertainable facts knitted together into a coherent narrative. What if the human story was placed in a far larger context, one that included the universe as we know it? The emergent discipline of Big History attempts just this by going back to the very beginning and fast forwarding through time to the emergence of the solar systems, planets, and the earth, with the dawning of life and appearance of humans and their

civilizations. The human story seen from this perspective offers a very different reading of humanity's history and is central to the new interdisciplinary field called Big History that is now capturing the attention of supporters and a new generation of students.

Maximum 30 members

(Suite 110)



BIRDWATCHING

Instructor: Sheldon Harvey Tel: (450) 462-1459 ve2shw@yahoo.com

Session I **Wednesdays** **Mar 7, 14, 21, 28, Apr 4, 11** **1:00 - 3:00** **\$42.00**

This course, taught by an experienced bird watcher, broadcaster and publisher, will focus on the basics but will also appeal to more experienced birdwatchers. An emphasis on bird protection will also be a focus of this course. Birdwatching has grown to be one of the largest hobbies in North America. Instruction will include:

- the origin of birds and birdwatching
- identifying birds by sight and sound
- using field guides and checklists of local species
- choosing and using optics such as binoculars and spotting scopes
- identifying birding habitats and regions in the Montreal area
- attracting and feeding birds at your home
- understanding bird migration, mating and breeding
- getting involved in bird related protection and conservation issues

To complete the course, students will be invited to participate in birdwatching field trips at prime local birdwatching locations.

Maximum 25 members

(Suite 110)



BRIDGE: THE PLAY OF THE HAND

Instructor: Bruce Horne bjhorne@hotmail.com

Session I **Thursdays** **Mar 8, 15, 22, 29, Apr 5, 12** **10:00 - 12:00** **\$42.00**

Session II **Thursdays** **Apr 19, 26, May 3, 10, 17, 24** **10:00 - 12:00** **\$42.00**

The play of the hand is the part of Bridge that holds the greatest interest for most people. Attempting to achieve one's contract fills the competitive aspect within most of us. In these 12 classes you will face the most common situations in which tricks can be obtained. Recognition of these situations will make a great improvement in how you play a Bridge hand. Handouts will be provided at the classes.

Session I:
 Lesson 1 - Planning & Unblocking
 Lesson 2 - Promotion
 Lesson 3 - Tricks from Length
 Lesson 4 - Counting Losers
 Lesson 5 - Discard Losers
 Lesson 6 - Review of Lessons 1 - 5

Session II:
 Lesson 7 - Trumping Losers
 Lesson 8 - Finesses, Simple
 Lesson 9 - Finesses, Complex
 Lesson 10 - Ducking Plays
 Lesson 11 - Hold-up Plays
 Lesson 12 - Review of Lessons 7 - 12

Maximum 24 members

(Suite 500)



BRIDGE PRACTICE

Coordinators: Dorothee Leblanc Tel: (514) 933-3913 leblancdot@hotmail.com
 Edward Charters Tel: (514) 367-0487

Tuesdays **ongoing** **Mar 6** **9:30 - 12:30** **\$2.00**

All paid-up members of E.N.C.O.R.E. who are proficient in Standard American Bridge are encouraged to join this group to practice and meet other bridge players. The environment is cordial and the players are friendly and helpful.

PLEASE CONTACT ONE OF THE COORDINATORS IF YOU PLAN TO JOIN THE GROUP

(Also, please circle the space on the registration sheet.)

(Suite 500)

**BRIDGE – SUPERVISED**

Moderator: *Gilbert Starosta* Tel: (514) 341-3893 learningtoplaybridge@gmail.com

Session I **Tuesdays** **Mar 6, 13, 20, 27, Apr 3, 10** **1:00 - 3:30** **\$42.00**

Session II **Tuesdays** **Apr 17, 24, May 1, 8, 15, 22** **1:00 - 3:30** **\$42.00**

These sessions are open to those who are already able to play bridge but sometimes need help when deciding what to bid, with what card to lead and other queries when it comes to playing the hand. The atmosphere is relaxed and easy going. We all want to enjoy playing bridge. The use of professional bidding boxes will help you and the moderator know what has been bid, whose turn it is and help to keep the noise level down.

*Maximum 24 members**(Suite 110)***CINÉ CLUB**

Moderator: *Daniel Martel* Tel: (450) 813-3290 dmvnpro@gmail.com

Session I **Fridays** **Mar 9, 16, 23, Apr 6, 13, 20** **1:00 - 3:00** **\$42.00**
(No class Mar 30 – Good Friday)

Session II **Fridays** **Apr 27, May 4, 11, 18, 25, Jun 1** **1:00 - 3:00** **\$42.00**

Important Reminders:

- Please note that the **Cine Club sessions start at 1:00 PM SHARP.**
- Please **TURN OFF YOUR CELLPHONE** during the movie.
- Please refrain from making **ANY NOISE** with: candy, sandwich, gum, wraps, plastic bags, etc.
- There will be **NO BREAK** during the movie.
- Please also note that the **SCHEDULED MOVIES MAY CHANGE WITHOUT NOTICE.**

Session I – CARY GRANT: A Class Apart

1. Father Goose (1964) - Playing against type, this is Cary Grant's penultimate feature before retirement. He is unshaven, messy Walter Eckland, monitoring Japanese air activity for the Australian navy during WWII. When a pretty French schoolmistress (Leslie Caron) and her seven all girls students invade Eckland's raunchy isolation, the fun really begins.

2. Suspicion (1941) - A Hitchcock mystery with plenty of suspense and a lighthearted touch. A wealthy woman (Joan Fontaine) marries a charming wastrel (Cary Grant), but soon discovers some unsettling things about him. When his business partner turns up dead, she suspects him of murder and fears she may be next...

3. That Touch Of Mink (1962) - Cary Grant and Doris Day, sparkle in this stylish romantic comedy. Love arrives with a splash when a handsome eligible tycoon and a beautiful working woman meet. He's enchanted by her small-town ways; she's captivated by his romantic, debonair manner. What ensues is a game of cat-and-mouse with hilarious and heartwarming results.

4. Notorious (1946) - Hitchcock thriller featuring a cast to kill for: Ingrid Bergman, Cary Grant, and Claude Rains. Bergman plays the daughter of a disgraced father, recruited by American agent Grant to infiltrate a post-WWII spy ring in Brazil. Danger, deceit, betrayal, and romance all come together in a perfect blend as the film builds to a terrific (and surprising) climax. Grant and Bergman are just perfect.

5. The Philadelphia Story (1940) - Katharine Hepburn is the spoiled and snobby socialite who is about to marry a stuffy executive when her congenial ex-husband (Cary Grant) arrives to protect his former father-in-law from a potentially scandalous tabloid exposé. In an Oscar-winning role, James Stewart is the scandal reporter who falls for Tracy as her wedding day arrives, throwing her into a dizzying state of premarital jitters. Classic!

6. Cary Grant: A Class Apart Documentary - This PBS documentary gives a thorough and unflinching look at the inimitable British-born actor, from his unhappy childhood in Bristol, to his journey to America in 1920, his rise from vaudevillian to Hollywood leading man. With interviews and footage

from many of Grant's now-classic films.

Session II: BETTE DAVIS & JOAN CRAWFORD: Blind Ambition

1. Whatever Happened to Baby Jane? (1962) - In a gothic tale of sibling rivalry, faded actresses Blanche (Crawford) and 'Baby' Jane (Davis) live together. Jane was by far the most famous but as they got older, it was Blanche who became the finer actress, which Jane still resents. Blanche is now confined to a wheelchair and Jane is firmly in control. As Jane slowly loses her mind, she torments her sister to ever greater extremes. Unsettling...

2. The Women (1939) - George Cukor, Hollywood's legendary "woman's director," had his hands full with the all-female cast of this film adaptation of Clare Boothe's play. The story finds a group of catty, competitive friends destroying reputations at social gatherings. Joan Crawford's performance as a husband stealer is still a classic.

3. Of Human Bondage (1934) - Bette Davis appeared in twenty-two unremarkable films, before getting her first big critical success in *Of Human Bondage*. Her role as the cruel and manipulative Mildred Rogers made her, but could've just as easily broken her; this is the sort of unflattering part that most actresses of her day would've turned down immediately. Davis is definitely the reason this movie is still watched and enjoyed today.

4. Mildred Pierce (1945) - Mildred Pierce won Joan Crawford the Oscar she desperately coveted and still endures as her most popular picture. While the film launched her on a new phase as an icon of pulp torment, it is distinct from the rest because it is a superbly nasty noir that plays havoc with the era's American ideals of women, home, mom and her apple pie. An unforgettable classic and a major acting tour-de-force from Crawford.

5. The Whales of August (1987) - Libby (Bette Davis) and Sarah (Lillian Gish) are widowed siblings who have vacationed for half a century at a seaside cottage in Maine. Now both in their eighties, Sarah embraces change and the possibility of romance with a courtly Russian suitor. But the stubbornly bitter Libby rages at the inevitability of death. Can Libby and Sarah rediscover the powerful bonds of memory, family and love?

6. Three Documentary Profiles: **1. Bette and Joan: Blind Ambition** is a great overview of the iconic actresses' legendary careers as well as the rivalry that colored their collaboration in *Whatever Happened to Baby Jane?* **2. All About Bette** is a great TCM special focusing on Davis, featuring lots of film clips and good interview segments. Hosted and narrated by Jodie Foster. **3. Film Profile: Joan Crawford** does similar service for Crawford, albeit in a British production that features long snippets of what looks like a late sixties interview hosted by the kind of funnily snarky Philip Jenkinson.

Maximum 24 members

(Suite 110)



CITIES OF NORTHERN EUROPE

Lecturer: Harvey Levinson

Tel: (514) 738-2277

harvey.levinson@sympatico.ca

Session I **Tuesdays** **Mar 6, 13, 20, 27, Apr 3, 10** **10:00 - 12:00** **\$42.00**

The historic and cultural highlights of Scandinavian and Russian seaports will be the focus of this interesting series of six lectures. Each lecture will be accompanied with colourful and informative videos. Saint Petersburg, Russia; Copenhagen, Denmark; Stockholm, Sweden; and Oslo, Norway will be our "ports of call". The beguiling "Little Mermaid" statuette in Copenhagen's harbour; Edvard Munch's painting "The Scream!" at Oslo's National Art Gallery; the sumptuous Summer Palace near Saint Petersburg; and the gold laden "Viking Hoard" at Stockholm's National Antiquities Museum are but a few of the attractions to be discussed.

Maximum 30 members

(Suite 110)



CREATIVE WRITING

Instructor: Ellen Green

Tel: (514) 862-9848

tymadd@videotron.ca

Session I **Thursdays** **Mar 8, 15, 22, 29, Apr 5, 12** **1:00 - 3:00** **\$42.00**

Session II **Thursdays** **Apr 19, 26, May 3, 10, 17, 24** **1:00 - 3:00** **\$42.00**

Creative Writing is for anyone with a story to tell. In these two 6-week workshops you will be tapping into that creative individual existing inside. Some participants may have been writing for years while others are new to the craft. No matter

your ability, the objective is to further develop your own natural writing style or simply improve on your existing one in an informal round table format. Ellen has many techniques and ideas to help bring out the best in your writing

Maximum 15 members (Suite 110)



DOCUMENTARY FILM

Moderator: Irene Angelico Tel: (514) 574-8629 irene@dliproductions.ca

Session I Fridays Mar 9, 16, 23, Apr 6, 13, 20 1:00 - 3:00 \$42.00
(No class Mar 30 – Good Friday)

Session II Fridays Apr 27, May 4, 11, 18, 25, Jun 1 1:00 - 3:00 \$42.00

The documentary is a non-fiction film that “documents” reality in some way. Legend has it that the term was coined by our own John Grierson to describe what he called the “creative treatment of actuality.” Others prefer Dziga Vertov’s inducement for documentary to present “life as it is”. Whether taking the form as cinema vérité, advocacy, or personal expression, the subject matter of documentary is as unlimited as the filmmaker’s imagination. This course will present and explore the great documentaries, past and cutting edge, Canadian and international, in a celebration of this very exciting and so relevant film genre.

(Suite 500)



ELFI MEMORIAL WALKING GROUP

Moderators: Grace Thornley-Brown Tel: (514) 369-8628 or Maricca Chehade Tel: (514) 920-0601

Session II Fridays ongoing Apr 27 9:30 No charge

The Elfi Memorial Walking Group, named in honour of Elfi Vockathaler who started the group many years ago, will continue this spring on Friday mornings at 9:30 am, exploring many parks, woods and other very picturesque destinations in and around Montreal. All places are reachable by bus and/or metro. You must bring your lunch and water and, of course, wear comfortable walking shoes. **Please call one of the moderators for the first destination and meeting place.**

(Kindly circle the space on the registration form if you are interested in participating.)

Maximum 10 members (Off-Site)



FAB FOUR (THE): THE BEATLES & THE SIXTIES

Lecturer: George B. Wall Tel: (514) 487-9160 georgebwall@gmail.com

Session II Fridays Apr 27, May 4, 11, 18, 25, Jun 1 10:00 - 12:00 \$42.00

From the pop explosion of Beatlemania to a lasting legacy in music and culture, this course will cover the lives and experiences of the individuals that made it all happen. John, Paul, George and Ringo, of course, but also their ill-fated manager Brian Epstein, their incomparable producer, George Martin, and the families, friends, fellow musicians, and fans that contributed to one of the world’s great stories. And there’ll be plenty of music as well!

Maximum 30 members (Suite 110)



HARE (THE) AND THE LADY

Lecturer: John Felvinci Tel: (514) 369-2123 jfelvinci@sympatico.ca

Session II Wednesdays Apr 18, 25, May 2, 9, 16, 23 10:00 - 12:00 \$42.00

In the first three lectures, we will review the book *The Hare with the Amber Eyes* by Edmund de Waal. The story of the rise and fall of the rich Ephrussi family in Paris and Vienna is full of political, social and artistic interests. The Ephrussi

bankers were one of the richest families before WW2 and the book describes the history of the family in fascinating details.

The second of the three lectures will review the book *The Lady in Gold* by Anne-Marie O'Connor. This book follows the adventures of the famous painting by Gustave Klimt *The Portrait of Adele Bloch-Bauer* and the story of the Bloch-Bauer family from late 19th century to the end of the 20th. The book describes the artistic milieu of Vienna before the German Anschluss and then follows the difficulties of regaining the ownership of the painting stolen by the Nazis.

Maximum 30 members

(Suite 110)



HISTORY OF MUSICAL THEATRE (THE)

Lecturer: Cynthia Jones Tel: (514) 797-6663 cjones.bwma@gmail.com

Session II Wednesdays Apr 18, 25, May 2, 9, 16, 23 1:00 - 3:00 \$42.00

The Musical Theatre is an ever-changing kaleidoscope of new musical forms and dance trends. It has absorbed many older forms of theatre and music as well as incorporating new forms of music and dance to thrill, surprise and entertain audiences. We will survey the history of this form from its roots to its heights, examining new branches and watching scenes of various and available shows. Oh what a beautiful morning, oh what a beautiful day. I've got a wonderful feeling, everything's coming our way.

Maximum 30 members

(Suite 110)



IMPERIAL BRITAIN 1509 - 1956

Lecturer: Neil Cameron Tel: (514) 484-3857 neilhistor@gmail.com

Session II Thursdays Apr 19, 26, May 3, 10, 17, 24 1:00 - 3:00 \$42.00

This group of lectures deals with the history of Great Britain as an imperial and naval power in the world from the times of the Tudor monarchs to the post-World War II imperial dissolution and dispersion of British influence over the world. Much of it, both positive and negative, is likely to prove quite surprising, and as informative and thought-provoking in its own way as the previous examination of the rise of the United States of America.

- April 19: Tudors and Stuarts and the Rise of European Navies 1500-1649
- April 26: Commercial and Naval Expansion, 1649-1756
- May 3: The Struggle of Empires, 1756-1815
- May 10: Imperial Ascent, 1815-1914
- May 17: World Wars and Imperial Decline, 1914-1945,
- May 24: Decolonization and the Enduring 'Anglosphere', 1945-1956

Bibliography [Optional as usual]

Corelli Barnett, *The Collapse of British Power*
 H. W. Crocker, *The Politically Incorrect Guide to the British Empire*
 Niall Ferguson, *Empire*
 Arthur Herman, *Churchill and Gandhi*
 Elizabeth Longford, *Wellington*

Dominique Moisi, *The Geopolitics of Emotion*
 Clayton & David Roberts, *A History of England, Vol II, 1688 - 1990*
 David Stafford, *Roosevelt and Churchill: Men of Secrets*
 A. J.P. Taylor, *History of England, 1914-1945*
 Ben Wilson, *The Making of Victorian Values 1789-1837*

Maximum 45 members

(Suite 500)



LINE DANCING

Instructor: Jocelyne Kwok Choon Tel: (438) 879-2396 jocelyne.kwok.choon@gmail.com

Session I Mondays Mar 5, 12, 19, 26, Apr 9, 16 4:00 - 5:30 \$42.00
 (No class April 2 - Easter Monday)

Session II Mondays Apr 23, 30, May 7, 14, 28, Jun 4 4:00 - 5:30 \$42.00
 (No class May 21 - National Patriots' Day)

Line dancing is a great way to keep fit, healthy and have fun. The benefits of regular line dancing include a possible increase in flexibility, muscular strength, coordination and an improvement in bone health. Jocelyne, an experienced instructor who has worked with many groups, welcomes all new dancers to learn the steps to all types of music. And you don't need a partner! (Wear your most comfortable shoes but no running shoes.)

Maximum 20 members

(Suite 500)



LUDWIG VAN BEETHOVEN: PROMETHEUS OF MUSIC

Lecturer: George B. Wall Tel: (514) 487-9160 georgebwall@gmail.com

Session II **Mondays** **Apr 23, 30, May 7, 14, 28, Jun 4** **10:00 - 12:00** **\$42.00**
 (No class May 21 - National Patriots' Day)

Beethoven was a Promethean figure in three important ways: First, the story of his overcoming the loss of his hearing to become one of the world's most beloved composers is universally recognized as one of heroism and courage. Second, his rebellious, individualistic nature helped to set the tone for the Romantic era. Third, his innovations and contributions to classical music as we know it today (in terms of both composition and performance) are second to none. This course will cover the remarkable story of his life and many of his masterpieces, including his only opera, Fidelio.

Maximum 30 members

(Suite 110)



MONTREAL THEATRE

Instructor: Donna Davidson Tel: (514) 739-5744 donnadavidson35@gmail.com

This course is designed to familiarize the participants with current Montreal English theatre. Although primarily a play reading course, all necessary background information will be given to enhance the understanding and appreciation of the plays. We will have speakers – actors, directors or playwrights – directly involved in Montreal theatre productions and will organize group theatre excursions.

Session I **Mondays** **Feb 26, Mar 5, 19, 26, Apr 9, 16** **10:00 - 12:00** **\$42.00**
 (No class April 2 – Easter Monday)

PLAYS:

1. *Marjorie Prime* by Francois Jordon Harrison [The Segal Centre]
2. *The Daisy Theatre* by Ronnie Burkett [The Centaur]
3. *Fight On* by Guy Sprung [Infinite Theatre]
4. *Succession* by Michaela Di Cesare [Centaur Theatre]
5. *The Angel and the Sparrow* by Daniel Boymann and Thomas Kahry [The Segal Centre]

SPEAKERS:

1. Alyson Grant - playwright - *Conversion, Progress, Trench Patterns*
2. Eloi Archambaudoin - actor - *Marjorie Prime, Hosanna, Intimate Apparel*
3. Clare Coulter - actress - *Marjorie Prime, 4,000 Miles* [many other plays]
4. Michaela Di Casare - playwright of *Succession, In Search of Mrs. Pirandello*
5. Tyrone Benskin - actor - *Marjorie Prime* - many other plays and films
6. Leslie Baker - playwright, movement coach and actress - *Vic and Flo Saw a Bear*

Session II **Mondays** **Apr 30, May 7, 14, 28, Jun 4, Jun 11** **10:00 - 12:00** **\$42.00**
 (No class May 21 - National Patriots' Day)

PLAYS:

1. *Around the World in 80 Days* by Jules Verne [Geordie Productions]
2. *Counting Aloud* by Gabrielle Soskin [Persephone Productions]
3. *Golda's Balcony* by Tovah Feldshuh [The Segal Centre]
4. *Hosanna* by Michel Tremblay [The Centaur Theatre]
5. The Fringe Festival - May 28 - June 17

SPEAKERS:

All classes take place at 1857 de Maisonneuve Blvd West

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1. Chimwemwe Miller - actor - *Around the World in 80 Days*
2. David Chiazese - actor - *Succession, Hosanna, The Gaiety*
3. Gabrielle Soskin - playwright and actress - *Counting Aloud*, founder of Persephone Productions
4. Danielle Desormeaux - actress - *Around the World in 80 Days*, many other plays
5. Amy Blackmore - Executive and Artistic Director of The Fringe Festival and Mainline Theatre

Maximum 45 members

(Suite 500)

**MONTREAL TOURS**

<u>Session II</u>	Mondays	Apr 23, 30, May 7, 14, 28, Jun 4 (No tour May 21 - National Patriots' Day)	10:00 - 12:00	\$42.00
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Due to the success of the tours offered last fall to celebrate Montreal's 375th anniversary, we are again offering guided tours to different areas in the city. All tours begin at **10:00 am** at the destination point in the description. Please wear comfortable shoes, sun hats, sunglasses for walking tours of at least 1 1/2 hours. Don't forget to bring water. (There may be stops for a coffee during some of the outings). There is no tour on May 21 - National Patriots' Day.

Maximum 20 members

(Off-Site)

April 23: Hochelaga - Maisonneuve **Guide:** *Diane Gagné*
We will meet at Metro Pie IX East exit at the top of the stairs (Pie IX & Pierre de Coubertin) & will then walk on Pie-IX down to Ontario street to view the Public Library. We will learn about the cities of Hochelaga and Maisonneuve before their annexation to Montréal. We will then walk east on Ontario towards Marché Maisonneuve, and the sculptures of Alfred Laliberté and then go south on Morgan Avenue to the Morgan Park, where the tour will end.

April 30: Little Italy **Guide:** *Diane Gagné*
We will meet at the Jean-Talon metro by the main ticket booth near the underground entrance to the Jean-Talon Bell Tower. We will then proceed to the Casa d'Italia where our tour guide will present a brief history of the Italo-Canadian community. We will walk on towards the Jean-Talon Market and listen to historical information about the area. We will then continue down Saint-Laurent to Danté Street where we will visit the famous Danté Hardware store and finally to the Church of the Madonna della Difesa with its interesting frescoes. (The church would like a donation of \$2 per person for the visit.)

May 7: The Golden Square Mile **Guide:** *Harvey Levinson, M.A.*
Please meet in front of the McCord Museum, 690 Sherbrooke Street West (McGill metro stop). The tour will end at Sherbrooke & McTavish streets. Learn about the history of this gilded neighbourhood, some of its families and their opulent mansions, and its institutions including McGill University. This walk will include an ascent of a short set of terraced stairs on the McGill campus, followed by a third of a block walk up Peel Street just above Dr. Penfield Avenue – at our own pace!

May 14: Little Burgundy **Guide:** *Vivien Freedman*
We will walk along the "Burgundy Path", a natural green path that runs through the old residential area of Little Burgundy (on the north side of Notre-Dame Street West). Along the way you will learn about the evolution of this part of Montreal from an industrial boomtown, a vibrant hub of jazz scene to a currently socially-mixed residential neighbourhood. The murals you will see are an example of citizen actions aiming at bringing communities together. They reflect the social and cultural history of this neighbourhood. **We meet at 10 a.m. in front of the Lionel Groulx Metro** (Green and orange lines). Important note for those who are coming by cars: The walk ends at **the George Vanier metro** (one stop east after Lionel Groulx on the orange line).

May 28: Lachine Canal **Guide:** *Vivien Freedman*
This beautiful tour borders three neighbourhoods: Little Burgundy, Griffin Town and Point St-Charles. We leave from Atwater Market and walk east along the north bank of the canal. Throughout the tour you will discover the history of the canal, the industrial and post-industrial development on each side of the canal. When we will reach Des Seigneurs bridge, we will decide whether to continue as far as the Wellington bridge. To get back to the Atwater market we will cross over one of those two bridges and walk along the south side of the canal that offers panoramic views of the city.

We meet at 10.00 a.m. at "Place du Marché" near Parks Canada kiosk (a raised platform between Atwater market and Lachine canal). A parking lot is available across from the market.

Two metro options: (1) from Lionel Groulx Metro station (Green and Orange lines), walk down Atwater road, then cross the market and St-Ambroise Street to reach "Place du Marché"; (2) from Charlevoix Metro station (one stop south after Lionel Groulx metro station on the Green line), walk north on Charlevoix street, cross St-Patrick Street at

the traffic lights, take the Lachine canal pedestrian path on your left and head to the pedestrian bridge, go over it. You will find "Place du Marché" on your left and the pastry and coffee shop "Pain Doré" should be on your right.

June 4: Shaughnessy Village **Guide:** *Claire Adamson*

We will start at E.N.C.O.R.E, 1857 Maisonneuve West, on the northeast corner of St. Marc and Maisonneuve West. Learn about the history of heritage buildings, Quartier 21, an endangered urban forest, Shaughnessy Park, Union sur le Parc public parks, Children's Square. The tour ends at Cabot Square near the Atwater Metro.



OIL PAINTING - FLOWERS

Instructor: *Deanne Hall-Habeeb* **Tel:** (514) 931-4550 hdeanne@gmail.com

Session II **Fridays** **Apr 27, May 4, 11, 18, 25, Jun 1** **10:00 - 12:00** **\$42.00**
(No class Mar 30 – Good Friday)

In this 6-week session of oil painting, flowers will be the main subject. Students may be at any level: beginning, intermediate or advanced. Shading through blending of colors will be taught in a step-by-step, easy-to-learn method. Palette knife painting will also be presented.

Materials: Except for the oil paints which will be supplied by the instructor, students need to bring the following:

- Small stretched canvases or canvas boards.
- Small jar of vegetable oil.
- A package of \$ store flat brushes or 3 soft flat brushes: 1 small, 1 medium, 1 large.
- Palette knife with a 'step'.
- Pad of palette disposable palette papers.
- Rags or paper towels.
- Apron or smock.
- \$ store table cover.

Maximum 18 members

(Suite 500)



PREHISTORIC & ANCIENT HISTORY

Lecturer: *Barbara Silverman* **Tel:** (514) 742-4543 b.silverman@videotron.ca

Session II **Tuesdays** **Apr 17, 24, May 1, 8, 15, 22** **10:00 - 12:00** **\$42.00**

A generalized course on prehistoric and ancient history, dealing mainly with the period of 100,000 to 3000 BCE. However, some material will extend back millions of years or more, and topics such as the South American cultures will be more recent. The course will cover megalithic monuments, prehistoric astronomy, mythologies, art, and other aspects of prehistoric times. It will also touch on the human fossil record starting with Sahelanthropus tchadensis dated to 7 million years ago, and the importance of bipedalism in human evolution. This is a continuation of the previous session designed for both returning and new members.

Maximum 30 members

(Suite 110)



ROMAN AND BRITISH PALESTINE

Lecturer: *John Felvinci* **Tel:** (514) 369-2123 jfelvinci@sympatico.ca

Session I **Wednesdays** **Mar 7, 14, 21, 28, Apr 4, 11** **10:00 - 12:00** **\$42.00**

In the first three lectures, we are going to survey the area which was called Palestine by the Romans from 70 BCE until the Muslim conquest. This historic period covers among others the rule of Herod, the life of Christ and the destruction of the Temple in Jerusalem. We will also review building programs of Herod and the Romans.

The last three lectures will describe the British occupation of Palestine from 1917 to 1948. We will cover the Jewish immigration and the violent Arab reaction to this. We will talk about the increasing influence of the Muslim Brotherhood,

the Arab uprising and the British suppression of this; we will cover the Jewish terrorist actions against the British occupation and finally the several partition schemes and their ultimate failures.

Maximum 30 members

(Suite 110)



**SOUTH AFRICA:
FROM RACIAL DISCRIMINATION TO THE "RAINBOW NATION"**

Lecturer: Peter Berry

dukemorrill2004@yahoo.ca

<u>Session I</u>	Thursdays	Mar 8, 15, 22, 29, Apr 5, 12	10:00 - 12:00	\$42.00
<u>Session II</u>	Thursdays	Apr 19, 26, May 3, 10, 17, 24	10:00 - 12:00	\$42.00

In 1652 the Dutch established a small trading post at the tip of Africa, thus planting the seeds of what was to become a long struggle for dominance and survival between European settlers and the indigenous inhabitants. The conclusion of this struggle, finally achieved in the latter decades of the 20th century, would introduce the world to one of the great men of the era: Nelson Mandela. But have the hopes of the different racial and cultural groups been realized in the 'new South Africa'?

Maximum 30 members

(Suite 110)



TAI-CHI

Instructor: Colin Young

(7 classes in each session)

Tel: (438) 395-6099 taichiyoung@msn.com

<u>Session I</u>	Tuesdays	Mar 6, 13, 20, 27, Apr 3, 10, 17	Basic	2:00 - 3:00	\$42.00
			Intermediate	3:15 - 4:15	\$42.00
	Wednesdays	Mar 7, 14, 21, 28, Apr 4, 11, 18		11:15 - 12:15	\$42.00
<u>Session II</u>	Tuesdays	Apr 24, May 1, 8, 15, 22, 29, Jun 5	Basic	2:00 - 3:00	\$42.00
			Intermediate	3:15 - 4:15	\$42.00
	Wednesdays	Apr 25, May 2, 9, 16, 23, 30, Jun 6		11:15 - 12:15	\$42.00

Should you be concerned about your balance or have a fear of falling, Tai-Chi is the perfect program to help improve your balance and prevent such accidents. The gentle and graceful movements will increase your flexibility, help reduce pain and calm your spirit.

Maximum 18 members

(Suite 500)



THE KING: THE LIFE & MUSIC OF ELVIS PRESLEY

Lecturer: George B. Wall

Tel: (514) 487-9160

georgebwall@gmail.com

<u>Session I</u>	Mondays	Mar 5, 12, 19, 26, Apr 9, 16 (No class Apr 2 - Easter Monday)	10:00 - 12:00	\$42.00
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Everyone knows Elvis Presley. In fact, he might be among the most famous and recognizable people the world has ever seen. But how much do we really know about the experiences in both life and music that took him from a poverty-stricken childhood to the biggest-selling solo artist of all time? This course will look at the events and people (including his parents, Gladys and Vernon, his first producer, Sam Phillips and his manager, Colonel Tom Parker) that turned a self-described poor boy into a cultural phenomenon.

Maximum 30 members

(Suite 110)



TWO SHAKESPEAREAN LOVE TRAGEDIES

Lecturer: George B. Wall Tel: (514) 487-9160 georgebwall@gmail.com

Session I **Fridays** **Mar 9, 16, 23, Apr 6, 13, 20** **10:00 - 12:00** **\$42.00**
 (No class Mar 30 – Good Friday)

These plays look at love and life from very different vantage points: those of innocence and experience. **Romeo and Juliet** was written early in Shakespeare's career. It was in fact the first play he wrote after receiving a full share in the Lord Chamberlain's Men, and it has been a success from its first performance to this very day. **Troilus and Cressida** was written in the second half of Shakespeare's career and deals with its subject matter (episodes from the Trojan War) in ways that some scholars have called dark, even cynical, but entirely fascinating. This course will allow us to compare and contrast the two works, with the help of video presentations with subtitles.

Maximum 30 members

(Suite 110)



WATERCOLOR AND INK

Instructor: Deanne Hall-Habeeb Tel: (514) 931-4550 hdeanne@gmail.com

Session I **Fridays** **Mar 9, 16, 23, Apr 6, 13, 20** **10:00 - 12:00** **\$42.00**
 (No class Mar 30 – Good Friday)

In this session, students will practice and apply various watercolour techniques and produce a number of watercolour paintings. The use of pen & ink combined with watercolour will be explored as well. Students can be at any level: beginning, intermediate or advanced. Subjects will be varied according to student input.

Materials: Pencils and erasers. A kneaded eraser is a gentle eraser which will not 'hurt' paper. Watercolours which can be either a box of 'cakes' or a set of tubes + palette. My preference is a box of cakes. Get a good brand rather than those from China or the \$ store. Winsor Newton or Daler-Rowney are excellent. Watercolour Papers: Pad: 9" x 12", 124 – 140 lb. weight, rough surface, a good brand like Daler-Rowney, Strathmore, Canson, Fabriano. Watercolour Brushes: a small, medium and large, round. Drawing pens & ink.

Maximum 18 members

(Suite 500)



YOGA

Instructor: Shizuyo Okada Tel: (514) 756-0952 okadashizuyo@gmail.com

(7 classes in each session)

Session I	Mondays	Mar 5, 12, 19, 26, Apr 9, 16, 23 (No class Apr 2 - Easter Monday)	Class I - Gentle	12:30 - 1:30	\$42.00
			Class II - Dynamic	1:45 - 2:45	\$42.00
	Wednesdays	Mar 7, 14, 21, 28, Apr 4, 11, 18		10:00 - 11:00	\$42.00
Session II	Mondays	Apr 30, May 7, 14, 28, Jun 4, 11, 18 (No class May 21 - National Patriots' Day)	Class I - Gentle	12:30 - 1:30	\$42.00
			Class II - Dynamic	1:45 - 2:45	\$42.00
	Wednesdays	Apr 25, May 2, 9, 16, 23, 30, Jun 6		10:00 - 11:00	\$42.00

Class I: (Gentle Hatha) A well rounded experience that includes very slow movements concentrating on the breath and stress reduction, opening the hips and relaxing the spine. The focus is on long stretches and flexibility, with slow, deep breathing. This can be very soothing for the mind.

Class II: (Dynamic Hatha) A classical series of asanas (postures), rhythmic breathing techniques and guided relaxation to promote muscular strength, endurance and the release of physical tension and stress. Some yoga experience necessary.

(YOGA MAT REQUIRED)

Maximum 15 members

(Suite 500)